Mrs C K Smith 1045 Eighth

VOL. II. MAY, 1895. No. 18.

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OUT OF DOORS FOR WOMEN.

VOLUME II. MAY, 1895. NUMBER 18.

HOW TO REGAIN HEALTH.

To regain lost health a person must work for it, and work in the line of nature's laws. Dr. Oliver Wendell Holmes used to give some good advice to those invalids who needed exercise. Here is a sample:

"Digging for health would make a fine title of a useful book. Ditch digging is a panacea for the evils of indoor life, even without reference to the cure-all functions of a sexton. 'Go far west, young man,' I should tell a youth who could not stand New England farm work, as a sanitary prescription, but could be trusted to dig violently for California nuggets.

"I do not deny the attraction of walking, I concede that it is a fine invention of which old age ought constantly to avail itself. . . . Saddle leather is in some respects even preferable to sole leather. The principal objection to it is of a financial character. But you may be sure that Bacon and Sydenham did not recommend it for nothing. One's liver goes up and down like the dasher of a churn, in the midst of the other vital arrangements, at every step of a trotting horse. The brains are also shaken up like coppers in a money box. Riding is good for those that are born with a silver-mounted bridle in their hand, and can ride as much and as often as they like, without thinking all the time that they hear that steady grinding sound, as the horse's jaws crunch with calm lateral movement the bank bills and promissory notes upon which it is notorious that the profligate animal in question feeds day and night. But you will observe that in riding on horseback you always have a feeling that, after all, it is not you who does the work, but the animal, and this prevents the satisfaction from being complete."

As the warm season approaches digging in the garden might help to eradicate many weeds in the bodily frame.

FRUITS AND NUTS AS FOOD AND DRINK.

By W. S. Mannimg.

[Part of paper read before the State Board of Horticulture, San Francisco].

The Natural Food Society, founded by Dr. Densmore of New York, was started in London over five years ago, with an ideal programme of fruits and nuts as an all-sufficient bill of fare for those who are healthy and live in all respects natural lives, and who were born with good constitutions. For the invalid, and the "hustler" working excessively, their usual meat rations should be continued at least once a day. In summer, fully ripe, sweet fruit should take the place of the cereals and starch foods, and in winter dried fruits like prunes, raisins, figs, and dates will be found hearty foods. As the digestion is certain to become strengthened by thus abstaining from cereal, seed, or grain food, nuts like walnuts, pecans or almonds will be enjoyed, even when formerly they were always a source of discomfort. When fruit is used as our main food, it is found to give all the liquids the body needs ultimately in ample supplies from the 80 to 90 per cent. of luscious and nectareous juices they all contain. They thus ultimately solve the drink question in a "root and branch" fashion.

The diet advocated only needs that bread, potatoes, and other starch foods be thrown out, substituting fresh, sweet fruits—or partly dried if fruit is scarce. Meat and fish, if plainly cooked, can be used as before for a time, until they can be replaced by nuts, or partly by milk or eggs, with honey or cream, as frequently used by vegetarians. But the latter so commonly use an increased quantity of grain or other starch foods as the result of renouncing flesh, that their diet is often less wholesome than that of the unreformed public who eat moderately of fish, flesh, or fowl daily. Whilst pure blood is the first and main requisite for perfect health, either of mind or body, that can only be maintained by pure and natural food.

The doctors are gradually but certainly coming round to prescribing a reform in diet rather than drugs. They are unable however, to advocate a diet for the well yet because they themselves, having been brought up on mixed feeding, cannot consistently prescribe fruit and nuts or any other ideal diet. They live as a rule like their parents, and they know pretty well that their patients are mostly too much the slaves of habit and conventionality to adopt radical measures when once relieved from their ailments.

Amongst the physical advantages to the individual, the fruit diet prevents as well as cures disease, and gives the highest health and the longest life the constitution is capable of, in proportion as it is taken temperately or judiciously. It increases the strength because it is so readily assimilated, and the vital stamina, or nerve energy, is conserved for other purposes as needed.

To the general public, the fruit diet promises many other blessings also. It increases the opportunities of living in the open air and sunshine. It decreases the need for those occupations that have a debasing or a dangerous tendency like the fisherman's, the butcher's, cook's, saloons, and others carried on often underground. It gives scope for the intellectual training of our youth in the observation of nature and her laws; also in training the mind as to the special details of pruning, and propagating of new varieties, and prevention of disease and pests. It reduces the anxieties for securing a competency as it simplifies our wants, showing the utter madness of mere accumulation.

The fruit diet curbs ostentation and

luxury, and makes it possible for rich and poor to feed more alike and share the same table. It affords a clue for that complete self-reformation which must be the forerunner of any effective regeneration of the race. The tobacco habit, the saloons and the general dissipation and debauchery that abound in city life would have nothing to feed on with a pure diet, and could all be prevented or bred out of the community. It meets the needs of the increasing population, because fruit trees in their prime give far the heaviest returns per acre, of human food. Fruit trees also afford that natural forestry that is so indispensable for regulating rainfall, climate, and other meteorological conditions. Fruit growing mitigates the dullness of country life by reducing the acreage of ranches, whilst it prevents the crowding into big cities and the depopulation of rural districts involved in cereal and cattle farming. It affords the best means of making an all-round, well-balanced man by giving time for cultivating the mental and moral faculties, and also the taste for literature, music, art, science, etc.

As such pure foods come into vogue, the passions would be better controlled, and cruelty and war would become sooner impossible. As we ceased to be carnivorous, we should "let the tiger die" within us, as the poet says. Sensuality would be kept in check, crimes of violence would greatly diminish, whilst disease might be almost entirely prevented. Amongst the ailments speedily remedied are all those affected by indigestion, such as liver and skin complaints in summer; also constipation, piles, and the various nerve diseases.

It has been well said the time will come when men will use their energy and the appliances of science for sanitary purposes in order to prevent disease, for prevention of disease will be the great doctor of the future. When men of intellectual and financial resources will think more of deeds of philanthropy than of amassing wealth, then "the strong will bear the infirmities of the weak instead of pleasing themselves."

For that good time coming, therefore I humbly but very earnestly invite the fruit growers of California to prepare. Fruit is to take the place, gradually but surely, of nearly all other foods and drinks. Then the revenue that at present goes to the distiller, the brewer, the wine seller, and the purveyor of the fish, flesh, and fowl food combined, will all ultimately come to the fruit ranch.

A good book is a gem. Through the kindness of W. S. Manning of London, now in Southern California lecturing upon the superiority of fruits and nuts as a diet in preference to the cereals and starchy foods, I have been permitted to glance over a book entitled, "How Nature Cures." The chapter we read may be summed up—racy and rich—suggestive and exhaustive. This book is by Emmett Densmore, M. D. and is dedicated to Mrs. Dr. Densmore. The following passage from Mrs. Densmore struck me more than favorably:

"Health is man's birthrigth. It is as natural to be well as to be born. All pathological conditions, all diseases, and all tendences to disease are the result of the transgression of physiologic and hygienic law. This is the Science of Health in a nutshell."

It is a too common fault of gardener to try and occupy too much ground. A cozy little patch well fertilized, and well cared for is far more presentable as well as profitable, than a larger one half tilled—remember it.

THE TWO PRODIGALS—AND WHY?

"When the roses of summer were budding and blooming,
And the yellow wheat bent 'neath its burden of gold,
The prodigal son came, world-weary and tattered,
To the home where his footsteps had echoed of old,
And they clung to his garments with tears and caresses;
Till the cup of his welcome ran over with joy,
And the flowers of love and forgiveness were woven,
In a blossoming crown for the prodigal boy.

When the icicles hung from the eaves and the branches,
And the winter winds moaned round the dwellings of men,
Forsaken and homeless, the prodigal daughter,
Crept back to the home of her girlhood again.
But they turned her away in the storm and the darkness,
To the icy cold winds, with their chill, piercing breath,
And the pitless curses that followed her footsteps
Were fierce as the tempest and cruel as death."

Why, oh fashionable society! treat the two prodigals so differently? Why cruely curse the ruined and cuddle the ruiner? Such rank injustice is a shame and a disgrace to our boasted civilization. The preferable pity should be shown the "prodigal daughter," considering the fact that the iron hand of masculine destiny has refused woman the ballot and denied her in various ways the right of equality with man. Thank the gods, and good men woman's day has come! or at least so far come that we have women chemists, and women physicians, surgeons, lawyers, gardeners, astronomers, engineers—and "city mothers" who are ruling wisely and well in some of the Pacific coast villages and smaller cities.

HEALTH AND TREES.

While it is healthy to have plants and flowers and vines in houses and sleeping-rooms, it is not healthy to have too many trees around the house. They intercept the sun's rays, dampen the buildings, and interrupt the evaporation from the soil. Sunshine promotes health. Trees along the highways, and trees along the streets add to both the health and beauty of a city. No matter if you rent your house put out trees and ornamental shrubbery and make your home sunny and beautiful.

There are more women in churches than men, and more men in jails and penitentiaries than women. Why?

SUNSHINE, PURE AIR AND DIGESTION.

The relations between sunshine and digestion are very intimate.

"Mr. P., one of our merchants, came to see me about his stomach. Dyspepsia was written all over his face, seen in his movements, heard in his voice.

"Doctor, I am played out. I can't digest, I can't work; I must give up."

"Tell me about your diet."

"That is all right. I have studied the subject, and I know my food is all right."

"How about your exercise ?"

"I have a little gymnasium in my store, and exercise an hour every day."

"How about your sleep ?"

"Why, doctor, I go to bed every night with the chickens; at any rate, I am always in bed before nine o'clock; I rise by six in the morning, take a bath, a plain breakfast, and go to my counting-room. Once in the forenoon and once in the afternoon I exercise in my gymnasium half an hour, but I am getting worse and worse all the time. Isn't it curious ? My wife thinks I must have a cancer in the stomach. Nothing seems to help me; I live the most physiological life, but my digestion grows worse and worse."

"About your counting-room; is that light ? is it sunny ?"

"The store is light enough, but the counting-room is so dark that we have to use gas."

"That's it, Mr. P.; that explains your cancer."

"Of course, you don't mean that; but I suppose it would be better if the counting-room were sunny."

"Mr. P., no vegetable thing, even, can digest in the dark. Try it. Plant a potato in a dark cellar. Surround it with the best soil and give it water. How slender and pale it is. Now open a window in another part of the cellar, and notice how the poor hungry thing will stretch that way.

"Mr. P., have you noticed where grain is growing in an orchard, that the part under the trees is smaller than that outside and away from the trees ?

And yet the soil under the trees is actually the richer. What is the trouble ? The part under the trees does not receive as much sunshine as that away from them.

"Haven't you noticed that the only grapes which become ripe and sweet; that the only peaches that take on those beautiful red cheeks are those on the outside, exposed to the sun ?

"The law is the same in the animal world. It is just as true that the only girls with red cheeks and sweet breath, the only girls who become fully ripe, fit to marry, and sweet are those who baptise themselves freely in sunshine."

"You have seen boys behind merchants' counters with pale faces, sunken cheeks, blue circles under their eyes, practicing a secret habit and living about half alive. Parents treat them to advice and sunshine, or they will become insane—or die.

"You have seen those pale girls in the stores; girls with a bloodless, half-baked sort of face, whose walk, whose voice, whose whole expression are so void of spirit and force ? Those girls are in the green state. Look at them. It gives you pain and distress. You feel they can never be what nature intended. So with you, my dear man. Get into the sunshine. It is one of the most powerful stimulants of all the functions of the body we have; a stimulant that leaves no trace of evil behind it like alcohol and many drugs."

My friend promised to try it, and I fell no hesitation in saying he will come back a changed man.—Dio Lewis, from unpublished manuscript furnished by Mrs. Lewis for The Journal of Hygiene.

DECORATION DAY.

I asked the white flowers of the wildwood,
And the blue flowers of the field,
And the glowing red blooms of the garden,
That their spring-time beauty yield.

I questioned the birds of the forest,
And the mountain echo,
The tell-tale breeze, the whispering book,
Do they know, do they know?

Those whose graves today we decorate,
Do they know, do they know,
That we bring them flowers, red, white and blue—
Remembrances we owe?

When the Nation's banner sadly waves,
Moaning there to and fro,
And martial music hymns their praise,
Do they know, do they know?

When memory weaves a chaplet sweet,
In hearts with love aglow,
And heart and heart seem, without them, void,
Do they know, do they know?

May, 1895, San Diego, Cal. E.E.

NO HEALTH IN GRAVEYARDS.

There is no more unhealthy place on earth than an old cemetery where the putridity of mortality is crumbling back to dust, and where in consequence, a deadly gas is rising. How many more centuries must pass away before the masses will understand that the loved are not buried—that only the physical shell or clay is entombed—and that instead of being entombed should be burned.

"What peculiar sancity, what ineffable peace, is associated with the thought of a hillside cemetary in a country town!' says The Journal. But what is it all but association, forming and deepening into the strongest sentiment of which the human heart is capable? And shall the safety of the living be put to open hazard for the sake of indulging even the tenderest sentiment which long association and inherited custom have implanted in human character?

Dr. M. L. Holbrook, physician and author in New York, has been "making a microscopic study of the color of human blood from many sources and reports to Science that he has reason to believe the color can be increased by enlarging the chest and developing lung power and action. He found the richest color in the blood of a graduate of Vassar College, who had the greatest lung capacity in a class of five hundred girls. His next best specimen, as to color, was the blood of a woman seventy years old with unusual chest measurement and in fine health. She ate no meat. Evidently it is oxygen or lung food that enriches the color.

Dr. H. Maxwell, of Selbourne, has been studying the causes of cancer and thinks that the facts justify him in the belief it is in great part due to the use of pork. He advises those who have any tendency to this disease, to avoid it altogether, and substitute fruits and farinacea instead. They—everybody ought to avoid pork whether they have a tendency to cancer or not.

J. L. Rose, Esq. one of our most prominent and highly esteemed citizens, after an absence of eight months from San Diego, visiting twenty states in the interests of the Pacific coast, recently returned—

"Where balmy breezes mock the winter months,
And semi-tropic skies curve low.
Where birds forget that seasons ever change,
And luscious fruits perennial grow.
Where golden gates that open to the West
Match golden hearts that open East.
Inviting all the world, with earnest will
To join our more than royal feast.

GOD'S LIVING TRUTH.

J. H. & M. T. Neff, M.D., Ft. Wayne, Ind.

The greatest Truth for us to fill,
Is God's command, "Thou shalt not kill;
To eat dead-flesh you must transgress,
This Truth of God that you possess.

All living creatures God did make,
Their life he said "Thou shalt not take,"
"Live and let live," is God's command,
For us to keep in every land.

The "breath of life," from God was sent,
And into "every creature" went;
This Life from God is all Divine,
And you are bid to let it shine.

To kill or eat dead-flesh—is bad,
The thought! The right! The future sad,
Oh! what remorse, suf'ring and pain,
That the spirit thereby sustains.

Vivisection, like damnation,
And its brother vaccination;
With dead-flesh, these terrible foes,
Has filled the earth with every woe.

Truth is mighty and will prevail,
And with it o'er the billows sail;
Thus we can go all safely through,
'Mid every wrong, IF WE ARE TRUE.

FARM LIFE.

There is no healthier work than farming. The toil and the breathing of the pure air are muscle culturing and strengthening.

"There is a farm school at Kensico, New York, where poor, homeless boys from the city may be sent for a few months to receive probationary instruction and practice in farm work before they are sent West to be adopted by farmers who need and are glad to take them. In this way it is soon found out whether they are likely to succeed or dislike this occupation. Those who dislike it will of course not be sent off to annoy the farmers who take them and finally try to find their way back to the city. Out of 87 who have served three months probation 50 have been selected as suitable. The idea was originated by Charles Brush some years ago. The farm now used has recently been bought by Mrs. Joseph M. White and stocked by Mr. Osborn. It cannot fail to be useful and far more healthful for the boys sent there than almost any other work they can be set at.

THE GRAND OLD MAN.

It was long a question in Europe which of the two was the greater statesman, Bismark or Gladstone. The latter loving freedom and progress and home rule, and refusing the offer of royal titles, preferring to be a plain English commoner of the people and for the people, continually calls out the tory spite. Here follows some lines with which English tories regale themselves in song:

"When the Grand Old Man goes down to his doom
He will ride on a fiery chariot,
And sit in state on a red-hot plate
Between Satan and Judas Iscariot.
Said the Devil, 'I'm rather full you see,
But I'll do the best I can;
I'll just let Ananias and Judas go free,
And take in the Grand Old Man."

Illegibly written letters reaching us are dumped straight into the waste baskets. Life is too short and eyes too precious to spend time in deciphering poor scrawling penmanship.

The real name must be attached to the articles written for the Temple; or given to the editor.

Anonymous letters are not even read.

OUT OF DOORS FOR WOMEN.

A monthly Journal devoted to out-of doors industries for women, flower-growing, gardening, child-training and soul-culture.

Flowers and children are the alphabets of angels.—Josthrow.

The sunshine of the heart is revealed in the smile of peace and good will.—The Pilgrim.

The leaves of the trees are for the healing of the nations.—The Revelator.

J. M. PEEBLES.....Editor.
Mrs. O. L. EDDY ORCUTT.....Publisher.

Each should have a grand ideal, and seek to attain it. Do not try to do a merely thing; "you may waste all your life waiting for the opportunity which may never come. But since little things are always claiming your attention, do them as they come, from a great motive—human good. It is harder to plod on in obscurity, acting thus, than to stand on the high places of the field, within the view of all, and to do deeds of valor at which rival armies stand still to gaze. But no such act goes without the swift recognition and an ultimate recompense. To fulfill faithfully the duties of your station; to use to the uttermost the gifts of your ministry; to bear chafing annoyances and trivial irritations as martyrs bore the pillory and stake; to find the one noble trait in people who try to molest you; to put the kindest construction on unkind acts and words to love with the love of God even the unthankful and evil; to be content to be a fountain in the midst of a wild valley of stones, nourishing a few lichens and wild flowers, or now and again a thirsty sheep, and to do this always, and not for the praise of man, but for the sake of the good and the true—this makes a great life."

Out of doors life for women and children is especially conducive to health. Women confine themselves too closely in parlors, drawing-rooms and kitchens inhaling the fumes of cookery. Out of doors life for children is necessary, producing however in hot countries too early maturity.

"Precocity is not a good thing. It is a sign that life and growth are not going on properly. Man is the longest of all arriving at maturity. The inferior races are more precocious than the superior, as seen in the children of the Esquimaux, negroes, Cochin-Chinese, Japanese, Arabs, etc., who are, up to a certain age, as vigorous and almost as intellectual as the Europeans. Teachers find the negro children of the South as bright up to a certain time in their lives as the whites, but when they reach a certain stage of development, they do not seem to go any further. Precociousness becomes less and less in proportion to the advance made by any race in civilization— a fact which is illustrated by the lowering of the stand-

ard for recruits, which has been made necessary in France twice during the present century, by the decreasing rapidity of growth of the youth of the country.

"Precocity is often produced by the hot-house education of children by keeping them too much indoors and in hot rooms over books with too little attention to physical culture. Parents who have precocious children had better study up the causes and the remedies. The best remedies are those which produce vigor of body and a love for an out of door life."

Take your time faithful toiler. Take your time good woman whether engaged in indoor or at out-of-doors work. The worry—unwise worry connected with housewifery is shortening women's lives. And so the incessant push of business men and the over-wrought mental toils, where an ordinary lifetime is crowded into a few short years, result too frequently in nervousness, sleeplessness and insanity. The masses of American men and women today constitute an army of nervous invalids. Our lunatic asylums are crowded. Ludwig, King of Bavaria, was deposed because insane. He committed suicide and suicide is becoming more and more common.

The two most costly prayer rugs in the Orient are those made specially for the Shah of Persia and the Sultan of Turkey. Each is bordered with diamonds and pearls and valued at $2,500,000. Prayers ascending up over such rugs will not be apt to reach higher than the housetop, at most.

It is generally admitted that the Western states are more progressive than those in the East. Take for instance Florence, Oregon, where the people have elected women to fill every municipal office. They will doubtless govern wisely and well; and they will be called "our city mothers." In this line of thought, we urge, entreat more young women to not only become nurses but to become druggists, pharmaceutists and physicians. The age demands it.

The scholastic thinker tires of hearing sensible people talk of "the laws of nature"—the laws of matter. There are no laws of nature; for it has no life, no force of its own. There are laws for nature, which laws by the way are spiritual. Spirit is only another word for Causation—absolute Causation.

Cardinal Gibbons quoted recently: "An ancient Greek once said, 'Athens rules the world; I rule Athens; my wife rules me and my household, therefore she rules the world."

Loan this issue of the Temple of Health to your neighbors—and so do them good. By enlightening and blessing others you bless yourself.

BOOK REVIEW.

THE MILLENIAL KINGDOM AND THE AMERICAN PEOPLE.

Here is a book of over 300 pages from A. W. Redding, Kansas City, Mo., price, paper cover, 50 cents.

Reading this book carefully we may sum its contents up in a few lines—a theological mixture of wisdom and folly, of second adventism, of stale theology and spiritism, coupled with good advice and many religious dreams. Science consists in the gathering of facts, demonstrated facts, and their classification. This book is not scientific. It teaches the fact of spiritism—saying—"You will notice that in all this testimony the Bible plainly teaches that spiritism is a fact and that it exists." &c, &c., but that these communicating spirits "are demons." Admitting this to be the case, it seems hardly fair for the Almighty to let loose on earth hordes of demons and yet bar away all the good spirits and angels from the earth—But theology is not our profession. The book is worth reading, which is saying a great deal considering the trash that is turned out of these cheap manufacturing book shops.

"The largest plow in the world is said to be owned by Richard Gird of San Bernardino county, Cal. This immense sod-turner stands eighteen feet high and weighs 36,000 pounds. It runs by steam, is provided with 12-inch plow shares and is capable of plowing fifty-nine acres of land per day. It consumes from one to one and-a-half tons of coal per day and usually travels at the rate of four miles an hour."

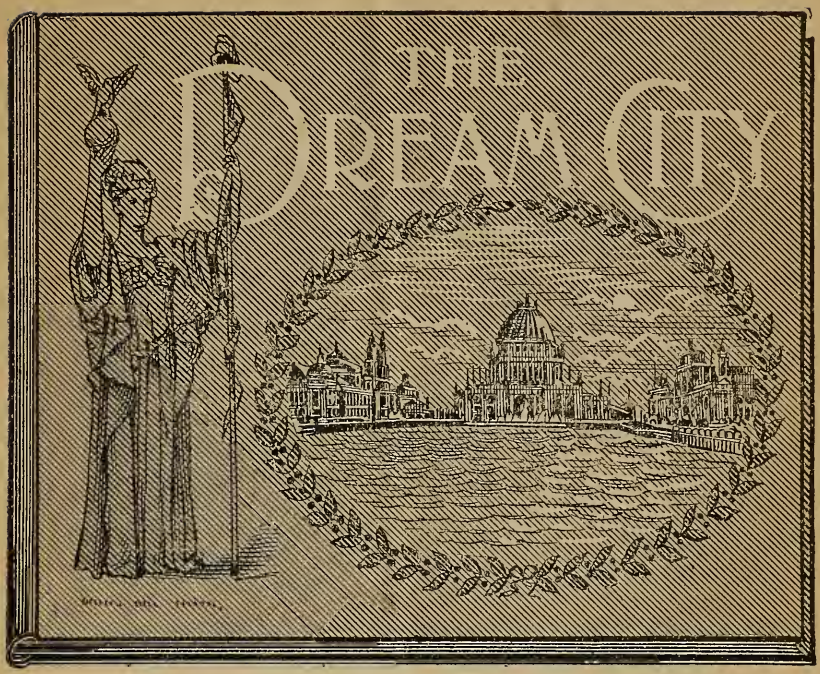
In the measureless past the voice said—"Let there be light"—and there was light; so along the measureless future it shall be said—"Let there be health—and there will be health."

"DEATH FROM ANTI-TOXINE."

The above is a common caption in our daily newspapers. Seldom a day—certainly not a week goes by that there is not more or less deaths reported from the administration of anti-toxine by doctors. It is a new medical fad—an invention of the "regulars."

Yesterday's New York World gives an account of the death of Bertha Valentine, (311 Roebling St.) Brooklyn, New York. This girl lived only ten minutes after Dr. Kertright injected the anti-toxine virus into her arm. Bertha had a slight attack of diptheria, and this "regular" doctor regularily and scientifically doctored her to death in about ten minutes. No wonder that these "Regulars" want class legislation and medical laws to protect them—protect them!

Are you a subscriber to this magazine? We want your name on our list of friends, our subscribers. Send us four new subscribers with $1 and we will send you the paper one year free.



Publications Received.

Outing is a monthly magazine of especial interest to those who love out of doors life and a favorite with young and old; it fosters every pastime and healthful exercise.

Lippincott's not only furnishes a complete novelof merit each month, but gives a short story or two, short poems, and some excellent solid reading well worth perusal.

Meehan s gives its readers monthly a choice lot of short paragraphs relating to botany and horticulture, and is worthy of preservation. Each number contains a colored portrait of some American wild flower

The Review of Reviews continues the busy man's magazine, a compend of every thing that happens of national or international importance. A more meaty magazine could not well be designed.

Demorest's Family Magazine is a welcome visitor to any home,as fullof instruction and pleasant reading as could be desired, while its summary of fashions is especially of interest to women.

The Ladies' Home Journal maintains a well earned reputation for brightness and original features.

The Picture Gallery, for young folks, published in Chi ago monthly at 75 a year, will give the baby lots of pleasure.

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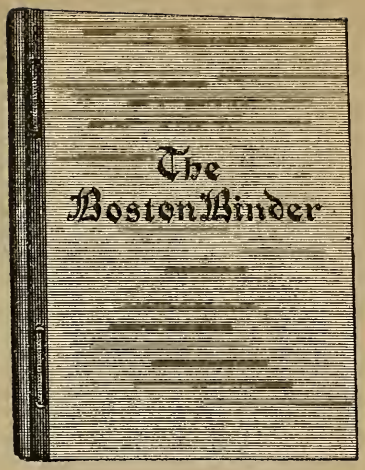

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